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[HTTPS://PARENTING.EXTENSION.WISC.EDU/STRONG-FEELINGS/](https://parenting.extension.wisc.edu/strong-feelings/)

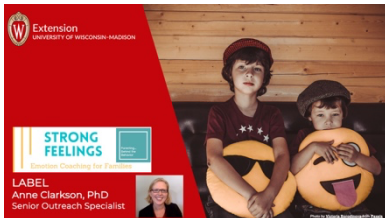
STRONG FEELINGS

SHORT EMOTION COACHING VIDEOS TO HELP ADULTS UNDERSTAND AND RESPOND TO CHILDREN'S STRONG FEELINGS



#1: What is Emotion Coaching?

We all want our children to be happy. However, we know that children are sometimes going to feel scared, sad, or really mad about something. That's normal. The strong emotions of kids can be difficult to understand and even harder to deal with as parents. In this video, Dr. Anne Clarkson introduces emotion coaching and shares a tool to remember how to emotion coach in any situation.



#2: Labeling Strong Feelings

One of the things children hear a lot is that they need to "use their words." However, children often don't have words for what is happening inside. In fact, young children might not know whether they are tired, hungry, mad, or sad. We can help children by just teaching them the right words for their feelings. In this video, Dr. Anne Clarkson explains how adults can help children label their feelings.



#3: Empathizing with Strong Feelings

A lot of times when we're angry, sad, scared, embarrassed, or having any strong feeling, we just need to know that somebody else understands what we're going through. If you can show your children you truly understand and empathize with what is going on with them, they are really going to appreciate that and feel much closer to you. In this video, Dr. Anne Clarkson describes how to empathize or show children we understand their feelings.



#4: Problem Solving Through Strong Feelings

When children are upset, adults often make the mistake of thinking that they have to do all the problem solving. Instead, our role is to help children learn to solve problems on their own. "Problem Solving Through Strong Feelings" is the fourth episode in the Strong Feelings series on emotion coaching for families. In this video, Dr. Anne Clarkson describes how to problem solve when children have strong feelings.



#5: Everyday Strong Feelings Examples

Putting emotion coaching into practice in everyday life can be challenging. The steps of emotion coaching remain the same in different situations but how you say them can change. In this video, Dr. Anne Clarkson shares examples of how to use emotion coaching in different example scenarios.



#6: Strong Feelings Examples for Justice-Involved Families

It's really hard to have a parent in jail or prison. No matter what you do, you can't change that reality and make children's feelings go away. Even so, it's still really important to show children that you care about and understand their feelings and are willing to do what you can to help. In this video, Dr. Anne Clarkson shares examples of how to use emotion coaching when a child has a parent in jail or prison.